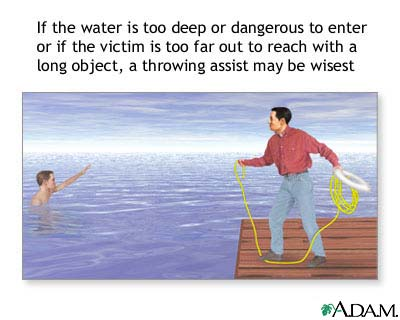
**Rescues / PFD Study Guide**

**Rescues**

* often occur within a few feet from safety
* avoid personal contact wherever possible
* always maintain firm contact with the shore, deck, boat, etc.
* keep your weight low and on your back foot to reduce your risk of being pulled in
* if possible, use equipment to help extend your reach

Reaching Rescue

* extend arm reach by using a towel, stick, pool noodle, oar, etc.
* aim for victim’s stomach
* allow them to grab one end of the extended item
* keep weight on back foot
* pull them to safety using hand over hand technique
* do not let the victim pull you into trouble

Throwing Rescue

* used when victim is beyond your reach
* throw an item (buoy, jug, cooler) attached to a rope to the victim
* make sure the rope is not tangled
* place one foot on the other end of the rope so it does not end up in the water
* toss the object underhand toward the victim
* aim slightly farther than they are, you can always pull the rope in a little
* a short throw will require you to pull the item all the way back in to throw out again using valuable time
* once the victim has a hold of the item, pull them to safety using hand over hand technique
* keep your weight on your back foot
* do not let the victim pull you into trouble

**PFD – personal flotation device**

* wear or have one immediately available whenever you are in, on, or around water
* always wear one whenever there is a chance you could fall or be thrown into water
* check for fit, defects, and your ability to know how to use one before going in, on, or around water
* all boats must have a life jacket on board for each person

\*Life jackets are made to turn an unconscious person in the water from face-down position to a vertical or slight tipped-back position. Other flotation devices, such as buoyant cushions and ring buoys, do not take the place of life jackets, but they may be good throwing aids in an emergency.

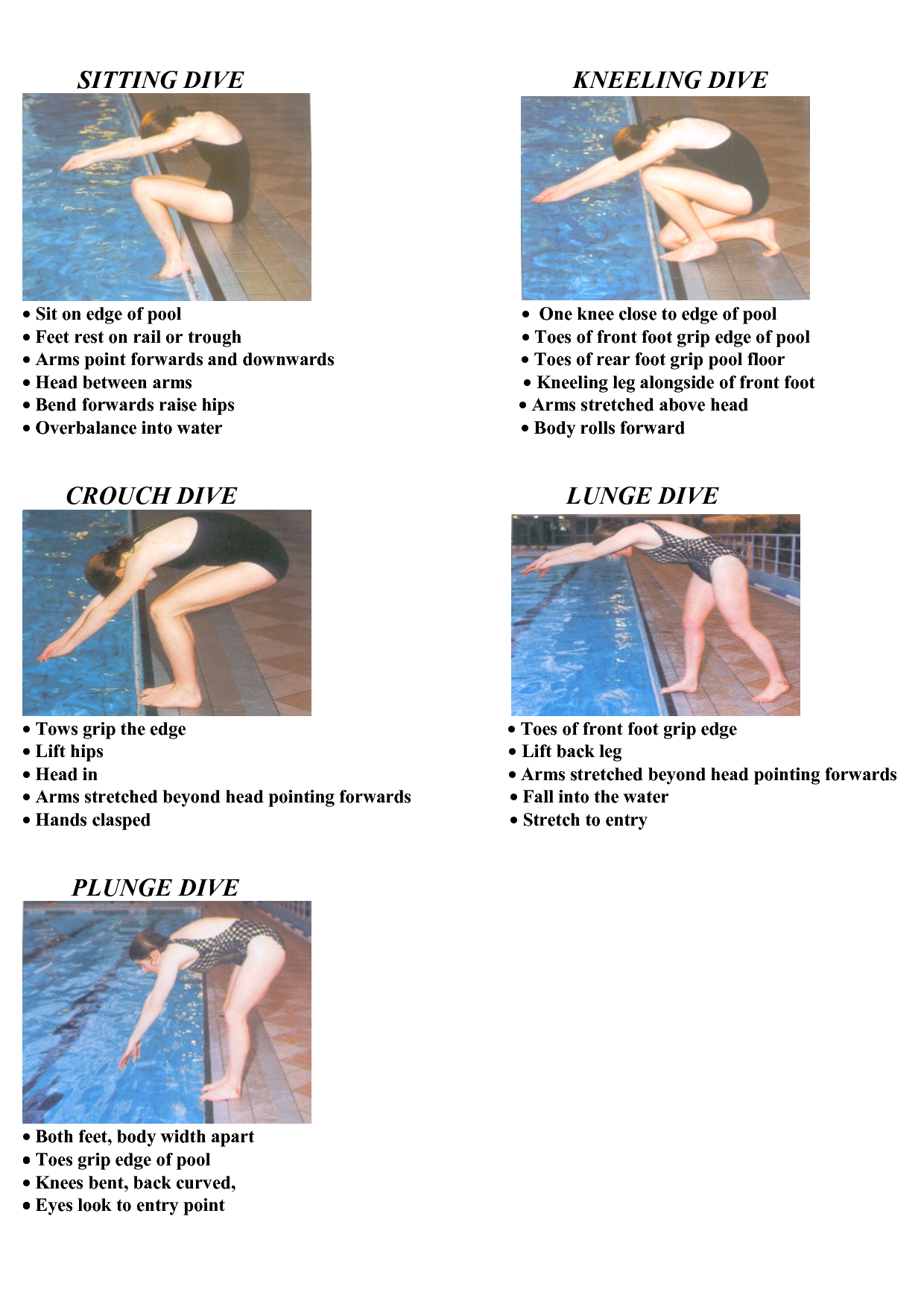
Fitting

* A PFD should be snug and fit like a glove, yet allow you to move freely and not chafe while paddling and playing.
* Loosen all the straps. Put the PFD on and clip the straps together.
* Start at the waist and tighten all the straps. If it has shoulder straps, tighten them last. It should feel snug but not uncomfortable.
* Next, have someone pull up on the PFD shoulders. If it moves up past your nose or head, try tightening the straps. If it still moves up, the PFD is too large.

River Drill

* used to practice correct technique when moving down a river
* safest position to prevent injury
* steps to float safely: lay on back, chin to chest, knees up, feet at surface
* hands may fin to speed up, change direction, or turn the body

**DIVING**



Tip In Dive

* Stand near edge with one foot
* Arms together and out in front
* Tuck chin to chest
* Bend at waist
* Lift back leg up as high as you can before tipping into the water
* The higher you lift, the more likely you are to dive and not belly flop

Crouching Dive

* Start in kneeling dive position
* Stand up to where both knees are still bent
* Hands together and out in front
* Tuck chin to chest
* Bend at waist
* Lean forward to fall in water

Kneeling dive

* One foot on edge of pool deck
* Toes curled over the edge
* Kneel on other knee
* Up on toes with back foot
* Hands together and out in front
* Tuck chin to chest
* Bend at waist
* As you lean forward, push away from wall with toes

Sitting dive

* Sit on edge of pool deck
* Rest feet on gutter
* Hands together and out in front
* Tuck chin to chest
* Bend at the waist
* Lean forward
* “plop” in water